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MAY 2021

## When the Grammys Call

Pamela Dawson gets national recognition

## Founding Folklórico

Rosa Ramirez Guerrero creates change through dance

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*Pamela Dawson takes on life glissando allegro.*

**Photo by**  
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# EDITOR'S NOTE

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*Adam*

Adam Walker  
SouthwestNOW Editor  
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*Summer is upon us!*

I have fond memories of summers gone by. There was the summer of 1980, when it got so hot that I sat on the curb and watched the tar bubble on the street, and used my big toe to pop those bubbles. (Mom was not amused.) There was the summer of 1982, when I had to rescue the older neighbor boy from sinking in quicksand. (His mother was not amused.) There was the summer of 1984, when we turned our driveway into an Olympic stadium to compete with the neighbors in long jump and roller skating and sprints. There was the summer of 1987, when I was learning to drive in Mom's car. There was the summer of 1993, when I took four classes in summer terms and gave myself algebra nightmares about being chased by giant, flying, acrylic equations. Then there was the summer of 2000, when I moved to Taiwan to teach English. And the summer of 2005, when I drove to North Dakota to study signed languages.

I used to enjoy summers a lot more than I do now. Now, I mostly complain about how hot they are and look forward to cooler days in the fall. But I'm hoping this summer will be memorable for all the right reasons. I want to make new memories with my nephew and my nieces, and maybe consume more than a few snow cones. Any summer is better with plenty of cold treats! Maybe I'll even buy some overpriced frozen novelties on a stick when the ice cream truck rolls by — and pretend it's 1980 once again, and that *Battlestar Galactica* is in reruns!

*Here's to summer memories, old and new!*

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When the readers of SouthwestNOW Magazine met Pamela Dawson in May of 2018, she was showing off her house and sharing the life journey that brought her to DeSoto ISD to inspire students with her love of music. Now, she's celebrating her first Grammy nomination!

"It was late March or early April of last year when I found out that I'd been nominated. I didn't know, at first, who had nominated me, but it was our director of fine arts, Dr. Jamie Kovar, and one of my students."

Pamela was nominated for a Grammy Award in the category Music Educator of the Year. It's a fairly new category, created in 2014, to celebrate the educators who inspire the next generation of musicians, singers, songwriters and composers to chase their dreams.

"There were over 2,225 nominees for the award, but I felt so honored to be included in that group. I thought, *Wow! Someone thinks I'm that good? They nominated me?* Then in May, the Grammy Foundation announced the quarterfinals, and I was in the top 225! I had to submit videos about how I was adapting my teaching for COVID, how my teaching affects the community and about my proudest moments as a teacher. There were a lot of questions I had to answer, and all of that was submitted in June. In October, they announced the semifinalists, the top 25, and I was included. Each step of the way, I thought, *Oh, my God! How did I get here?*"

Pamela got here by a long road that started in Michigan. She loved music as a child and loved to play the piano and other instruments. But her father, like many parents, warned her that music was not a good career choice. So, she studied business alongside music and worked in the business world for years, until she took a job at a Catholic high school in her home state as a choir director. "When I stepped in front of my first choir, I asked myself, 'What have I been doing with my life? This



# WHEN THE GRAMMYS CALL

— By Adam Walker





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is what I should be doing!" I tried walking away from music, but I always came back. My mother was my biggest fan and always thought I was a great musician. She came to all my concerts when I started teaching. When I moved to Texas to work at DeSoto ISD, she prophesied over me. The passion I'd had since I was a little girl blossomed here."

Pamela wanted to pass on her love for music and the arts. "In DeSoto, I've had the chance to nurture that same passion in my students and let them know that they can run with the big dogs at any of the fine arts academies in the Metroplex. I love DeSoto! I tell my students to do what they love. If you follow your heart, it's no longer just a job."

In December, Pamela was working on music for a virtual Christmas concert. "I was working on the final mixing, and I took a break to check my email. I had an email from the Grammy Foundation. I opened it and found out I was a finalist. I made the top 10! I couldn't believe it. I just started crying. My youngest daughter heard me from the other room and asked, 'Mama, is the music that beautiful to make you cry?' I was crying because someone sees the gifts in me. Then I got to looking at who else was in the top 10. These music instructors are amazing. I'm not in the same category with them, but someone thinks I am. I never got to finish my master's degree in choral conducting. Life got in the way, but, apparently, that piece of paper doesn't make a good conductor if I'm a finalist!"

Then there was a long wait between December and the end of March, when Pamela would learn if she won or not. "For Christmas, my daughter got me this white and gold gramophone-shaped







music box and told me that it was my Grammy, whether or not I won. DeSoto ISD put me on a billboard! I've had a lot of amazing students over the years, and I always told them, 'When you get your Grammy, I better hear my name in your speech!' Now they were saying, 'Hey, I thought we were supposed get the award!' What more could a proud teacher ask?

"I still remember my first music teacher, Mrs. Vivian Tate," Pamela recalled. "She made a great impact on me. And Mr. Jack Shelby, in high school, I think most of my teaching technique comes from him! I tell my students, 'This is bigger than music. You may never sing another note after you leave my class, but I'm teaching you about life.' I stop and listen to what's going on in their lives. Sometimes, I feel like Lucy in her psychiatry stand, in the *Peanuts*. 'Nickels, nickels, nickels!'"

Pamela didn't get to walk the red carpet, but she bought a new signature conducting jacket and waited for the news. "We were notified the week before if we were the winner or not. Only the winner was able to attend this year, so they had to tell us ahead of time who had won. Dr. Jeffrey Murdock at the University of Arkansas was the recipient. He's amazing. I'm glad he won, and I'm proud of him. I had intended to put the statue on my piano if I won. I didn't bring the Grammy home, but I'm still a winner, because I get to do what I love every day. I get to create beautiful music, wonderful memories and opportunities for my students, but moreover mold amazing musicians." And the students of DeSoto ISD are lucky to have an amazing teacher, worthy of national recognition. **NOW**

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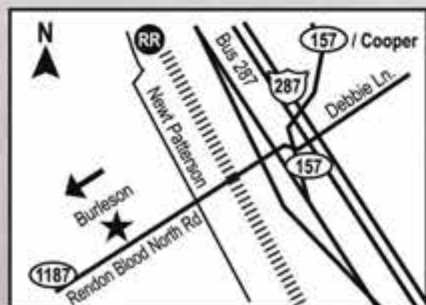
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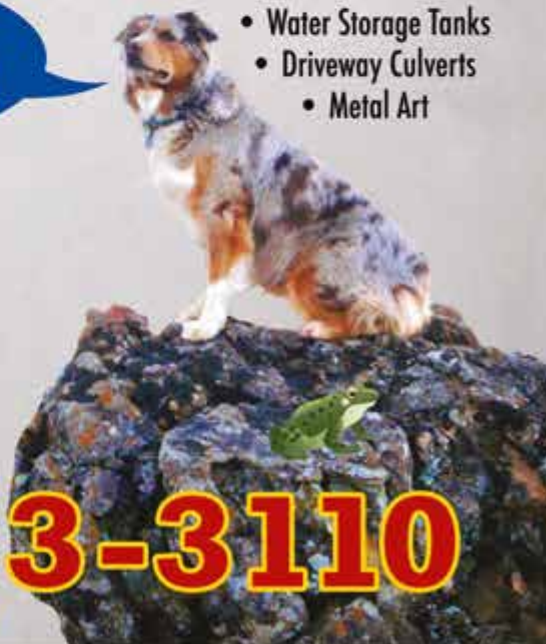
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— By Angel Morris



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# DING RICO

Born in El Paso, Rosa Ramirez Guerrero is best known as an artist, dance historian and humanitarian. Also an educator, she taught for El Paso ISD, El Paso Community College and at The University of Texas at El Paso. Throughout her efforts, Rosa placed importance on cultural awareness. "My belief was to lift the spirit, soul and self-esteem of any student I had in my path. I would make them proud of who they were," Rosa reflected.

Rosa recalls her own teachers in the 1940s and '50s were not encouraging. At that time, students were punished for speaking Spanish in school, fueling Rosa's desire to become a teacher herself.

As a result, Rosa was the first of seven children in her family to graduate and earn both a bachelor's and master's degree. "I developed a strong sense of leadership in high school and wanted to continue that as a freshman dance major



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at Texas State College for Women [now Texas Woman's University]," Rosa recalled. "My counselor told me I was too pushy and aggressive."

Hearing this took a toll on Rosa's self-esteem. Around this time, however, she met her would-be husband, Sergio, and the couple married in 1954. The coach and modern dance instructor would be her soul mate for 62 years, until his passing in 2016.

With Sergio's support, Rosa started the first folklórico dance group in El Paso in 1970. Burges High School was the first school for the folklórico, sponsored by the Spanish National Honor Society. "We practiced during lunch. Then at El Paso Community College, with the support of Dr. Alfredo de los Santos. We danced at the barracks at Logan Heights, where Ft. Bliss had loaned the college some space," Rosa outlined. "Then in 1972 at Our Lady of the Light, the first chapel there, and then at St. Joseph's Church with my first real folklórico."

Calling it the International Folklórico Dance Group, Rosa served as artistic director and truly began to fulfill her mission of cultural acceptance. "I felt many Mexican Americans did not know their culture, or they denied it. If I could share how I felt my culture through dance, they could also build a sense of pride in their heritage through music, dance, folklore, language, literature, the arts, etc." Rosa said.

Rosa went on to develop the 1974 film, *Tapestry*, based upon creating cultural harmony, and was honored with a national award for documentary filmmaking. She was a featured dancer in the film, which now has a sequel, *Tapestry II*.



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In 1991, Rosa's International Folklórico performed at the Kennedy Center. "We were told we were the first folklórico in the nation to perform there!" Rosa noted.

In 1992, Rosa Guerrero Elementary was dedicated by Governor Ann Richards. "That was the naming of the first elementary school for a Latina in El Paso. I still cannot believe it," Rosa enthused.

Awarded a lifetime membership with the Texas PTA, Rosa credited her parents as her first teachers. "They were the best dancers in the world, I thought. My father knew so many steps, so much music, so much culture, too."

Rosa officially started dance classes at age 6, and her dance career spanned 78 years. "I still dance sitting down, especially tap, Irish jigs, waltzes, folklórico footsteps called *zapateados*, Spanish *taconeos* and all the arm and hand movements possible!" Rosa exclaimed.

Through the years, Rosa has received local, national and international honors, including being named a Distinguished Alumni of The University of Texas at El Paso, inductee into the Texas Women's Hall of Fame, the Valley Forge Freedoms Foundation Award, the LULAC Arts and Humanities Award, the NEA Human Civil Rights George I. Sanchez Memorial Award and the Mexican Consulate Ohtli Award for her work with Mexican Americans and other minorities. "There should be mandatory human relations classes for all Americans," Rosa suggested as a significant way to move the country forward in cultural acceptance.

Rosa said seeing her own children — two teachers and a Christian musician — help in their communities makes her as proud as any of her achievements. "Cultural understanding and respect for each other begins in the home," Rosa credited. "That is where we begin to stop racism." **NOW**



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# THE HOME CARE NETWORK PROVES "THERE'S NO PLACE LIKE HOME" WHEN CARING FOR ELDERLY

*Dallas-based firm featured on regional lifestyle show*



DALLAS - With more than 10,000 Baby Boomers crossing the 65-year-old threshold every day, it's no secret that this "gray tsunami" is causing society to re-evaluate how it cares for the growing number of elderly which will soon hit 73 million.

Founded in 1999, Dallas-based Home Care Network ([www.homecarenetwork.com](http://www.homecarenetwork.com)) anticipated this trend and responded with a comprehensive care strategy that allows these people to receive hospital-level care at home. Today, it is one of the premier companies of its kind and is regularly sought as media source for stories on this issue.

Recently, Home Care Network executive vice president Xavier McGilberry addressed these issues on the *Balancing Act* (<http://thebalancingact.com/home-care-services/>), a lifestyle show that airs on several local and national networks. In this segment hosted by Montel Williams, he discusses the services that allow their patients to live fulfilling and meaningful lives while receiving treatment at home.

"The overwhelming desire of aging Baby Boomers and their families is that they want to stay home," he said. "We allow them to do just that."

With a comprehensive menu of services, Home Care Network creates a detailed care plan based on communication with doctors and other health care professionals. These services include physical/occupational therapy, medicine management, and assistance with personal hygiene, bathing, and dressing. Specialized staff can also administer such activities as EKGs, blood work, and cardiac and pulmonary care.

"This is an important story for our society," said Lauren Berger, producer of the *Balancing Act*. "It was important for us to tell this story through the eyes of one of the country's premier providers. The Home Care Network clearly fit that criteria."

The Home Care Network builds its care plan through regular contact with physicians and families.

"Our staff is in regular contact with physicians and families so there are no gaps or mistakes in the care of a patient," added McGilberry. "This ongoing communication is the key element in allowing people to stay at home while receiving the best possible care. The ability to stay in a familiar setting - rather than a nursing home - does wonders for a person's state of mind and physical well-being."

Another benefit of the Home Care Network is that medical staff is available 24/7. Patients and family can call in and speak directly to a medical professional who has direct access to all charts and medications.

"This gives everyone peace of mind," said McGilberry. "Basically, our patients are never alone."

## **About the Home Care Network**

The Home Care Network is one of the Dallas area's premier health care companies that believes ultimate independence promotes self-esteem and dignity within the family unit. Facilitation of self-care needs is a vital part of the home care role.

The firm is an advocate for patients and their families, providing hospital-like services in a home setting where they are the most comfortable and can interact and receive support from family members or care givers.

## **About the *Balancing Act***

The *Balancing Act* is the longest-running syndicated program running on Lifetime. It is a daily morning show that brings valuable solutions for today's on-the-go families.

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[www.homecarenetwork.com](http://www.homecarenetwork.com)

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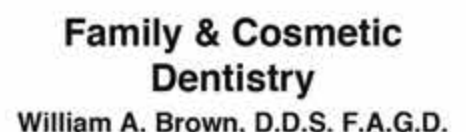




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A man with a beard and short hair, wearing a blue t-shirt with a Captain America shield logo, stands in a kitchen. He is holding a black plate with food, including what looks like steak, sweet potatoes, and vegetables. The kitchen has wooden cabinets and a window with striped curtains in the background.

CookingNOW

*In the Kitchen With*

AACELL CARR

— By Adam Walker

Aacell Carr started young. “I began cooking as soon as I was able to look over the stove! Growing up, my mom worked long hours, so I was motivated by the desire to eat more than sandwiches for dinner. I observed her cook when she had the time. I took her recipes and made them my own.” As a New Yorker, Caribbean and Italian food formed his foundation. Without any formal schooling, he’s learned from every chef he’s worked under, and continues widening his repertoire.

When not cooking, he keeps busy other ways. “I’m a husband and the father of a 7-year-old daughter and a 9-year-old son. Pre-COVID, I enjoyed mud runs and extreme fitness runs. Now, I dabble in home improvement projects and streaming marathons!” **NOW**

## Steak and Sweet Potatoes With Curry Aioli

*Curry Aioli:*

**3/4 cup good-quality mayonnaise**  
**1 clove garlic, minced**  
**1 Tbsp. curry powder**

*Steaks:*

**4 Tbsp. olive oil, (divided use)**  
**1 1/2 lbs. sweet potatoes, peeled and cut into 1-inch cubes**

**2 lbs. sirloin steak, cut into 2-inch pieces**  
**2 tsp. salt**  
**Cracked pepper, to taste**  
**5 cloves garlic, minced**

**1. For curry aioli:** In a small bowl, mix together the mayonnaise, garlic and curry powder until smooth; set aside.

**2. For steaks:** Heat 2 Tbsp. of the olive oil in a large, cast-iron skillet over medium-high heat. Add the sweet potatoes to the pan in a single layer. Let sit, untouched, for

3-5 minutes, until the sweet potatoes are golden brown. Toss them in the pan for an additional 10-12 minutes, until fork tender. Remove them from the pan; set aside.

**3.** Season the steak pieces generously with salt and pepper. Heat the remaining 2 Tbsp. of olive oil over high heat. Add in the steak bites in a single layer, making sure they aren’t touching each other. Cook on high, untouched, until the steak bites are well browned, turn sides and repeat. Continue cooking until all sides are brown. If working in batches, remove the first batch from the pan; cook the remaining steak.

**4.** Once all the steak is cooked, add both the sweet potatoes and all the steak back into the pan, along with the garlic; cook for 1-2 minutes, until the garlic is fragrant. Serve hot with curry aioli.

## Garlic Parmesan Cream Sauce

*Use as a sauce on your favorite steak.*

**2 Tbsp. canola oil**  
**3 cloves garlic, chopped**  
**1 cup heavy cream**



**1/2 cup Parmesan cheese**  
**2 Tbsp. beef bone broth**

1. Heat the oil; add the garlic. Sauté and add the heavy cream; simmer.
2. Add the cheese and bone broth; mix until creamy.

## Brussels Sprouts

**1 bundle Brussels sprouts, quartered**  
**Salt, to taste**  
**Pepper, to taste**  
**1/4 cup oil**  
**1/4 cup Thai chili sauce**

1. Preheat the oven 350 F.
2. Toss the Brussels sprouts in salt, pepper and oil.
3. Lay them on a sheet pan; cook for 10-15 minutes. Finish by tossing in Thai chili sauce; serve.

## Chimichurri

**1 cup fresh flat-leaf parsley, trimmed of thick stems, firmly packed**  
**2 Tbsp. fresh oregano leaves (or 2 tsp. dried oregano)**  
**3-4 cloves garlic**  
**1/3 cup extra-virgin olive oil**  
**2 Tbsp. red or white wine vinegar**  
**1/2 tsp. sea salt**  
**1/8 tsp. black pepper, freshly ground**  
**1/4 tsp. red pepper flakes**

1. Finely chop the parsley, fresh oregano and garlic (or process them in a food processor several pulses). Place them in a small bowl.
2. Stir in the olive oil, vinegar, salt, pepper and red pepper flakes. Adjust seasonings.
3. Serve immediately or refrigerate. If chilled, return to room temperature before serving. This can keep for a week or two.

## Strawberry Egg Rolls

**5 oz. lemon-flavored Greek yogurt**  
**1 8-oz. pkg. cream cheese**  
**1 large egg**  
**2 Tbsp. granulated sugar**  
**1 Tbsp. fresh lemon juice**  
**Oil, sufficient to fill pot 2 inches deep**  
**8 egg roll wrappers**  
**10 strawberries, cut into small pieces**  
**1/2 cup powdered sugar**  
**2 Tbsp. lemon juice, freshly squeezed**

1. In a medium-sized mixing bowl, beat together the Greek yogurt, cream cheese, egg, sugar and lemon juice.
2. Preheat the oil in a large, heavy pot to 375 F.

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Steak and Sweet Potatoes  
With Curry Aioli

3. Lay an egg roll wrapper down; put a heaping spoonful (about 1 to 2 Tbsp.) of the cheesecake mixture in the center at a diagonal. Put a handful of strawberries on top. Using a wet finger, wet the edges of the egg roll wrapper; roll by folding over, tucking ends in and rolling. (The egg roll wrapper package should include rolling instructions with images; use if needed.)

4. Place the egg rolls in the hot oil; fry, submerged, for 3-4 minutes, or until golden brown. Remove them from the oil; put them on a paper towel to blot off the excess oil.

5. While the egg rolls are cooking, mix together the powdered sugar and lemon juice to make a glaze. Drizzle the glaze over the cooked egg rolls. Top with fresh strawberries; enjoy!

### Roasted Ranch Potatoes

3 lbs. red potatoes, quartered  
1 pkg. dry ranch dressing  
1/4 cup duck fat

1. Preheat the oven to 350 F

2. Rinse and dry the potatoes. Mix all ingredients in a bowl.  
3. Place the potatoes on a sheet pan; cook until tender. (This also works in an air fryer.)

### Watermelon Salad

3 cup watermelon, cubed  
3 Tbsp. champagne vinaigrette  
1 Tbsp. feta cheese  
1 Tbsp. fresh mint, diced  
Pinch of salt

1. Add the watermelon, champagne vinaigrette, feta cheese and mint to a large bowl; toss to combine.  
2. Finish with salt.

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Decor on the Hill | 972.637.3644 | 608 Cedar St

Richard needs no introduction if you have been in Decor On The Hill. He and his team bring unique home decor, candles, jewelry, furniture, cards, and gifts. He also is the place to get the very popular Cedar Hill pillows, local favorites, and amazing truffles. Stop by and say hi!



Lavish Retreat & Spa / Soapery | 469.526.3444 | 231 Texas St

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Ash & Ember Brewing | 972.637.3450 | 226 Texas St

Meet Tim and Brian, the two friends that took making beer from the garage to the next level. Tim grew up in Cedar Hill and pays homage with the names of all of the brews. Join in the fun of their trivia nights or just stop on by the local brewery for a taste flight, pint, or growler. Pair local brews with a taco or two from Mija's BBQ right inside the brewery.



Saviana Winery | 972.908.0013 | 316 Cooper St.

When Julie was growing up, her Great-Aunt Saviana sent her scavaging with basket in hand to pick various fruits. They were then pressed and placed in ceramic demijohns and eventually became Saviana's famous fruit wine. Julie remembered these times and, along with her husband Jeff, brings that sense of friendship and fun to Cedar Hill with their wine, flatbreads and cheese platters.



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- ☒ Nature fun at Cedar Hill State Park or Dogwood Canyon Audubon Center
- ☒ Take a hike on the new Balcones Trail along 1382



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BusinessNOW

# Bristol Hospice Pathways, LLC

— By Virginia Riddle and Melissa Rawlins

## Bristol Hospice Pathways, LLC

115 Park Place Blvd., Ste. 100

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Fax: (972) 923-0043

saundra.townley@bristolhospice.com

www.bristolhospice.com

Facebook: Bristol Hospice Pathways

**Hours:** Office: Monday-Friday: 8:00 a.m.-5:00 p.m.

Clinical: 24/7

The time often comes when a patient and his or her family realizes it is time to bridge from curing the patient's illness to providing comfort to all. That's when Bristol Hospice-Pathways, a 2019 Strategic Healthcare Programs SHPBEST Superior Performer recipient, can help provide the care and education needed. The two community liaisons in this area, Jim Colwell and Kamonica Booker, pour their compassion into several activities chosen to fulfill this community's needs.



SHPBEST Honors are awarded through satisfied family surveys. "The education we provide is equally important. It helps take the fear of the unknown away," Saundra Townley, RN, BSN, and executive director said. With a focus on the person and not the disease, the concept of hospice was founded by Dame Cicely Saunders, in England, in 1968. Bristol Hospice-Pathways derives its name from Bristol, England, using the Bristol Bridge, along with the "Bristol Heart," as its logo. "The B, which looks like a leaf, also signifies the four chambers of the human heart," Saundra revealed.

Bristol Hospice-Pathways staff serve patients in 37 counties, and they have always served Ellis and Dallas counties. "We are heavily serving here now," Saundra said. "In January 2020, when we acquired New Dawn Hospice, we expanded our area and brought on additional local clinical personnel."

Patients in Ellis and Dallas counties are served, primarily, by homegrown staffers including nurses, chaplains and social workers who provide comfort; pain and symptom control; physical, emotional and spiritual care; and family caregiver



support, all of which lead to a life lived to the fullest, with dignity. Bristol Hospice-Pathways tailors its service to every patient's individual needs.

Bristol Hospice-Pathways offers the We Honor Veterans program, including a memorial book for patients to complete for their families, and fellow veterans who serve as volunteers to be a listening ear. *Namaste*, meaning "honoring the spirit within," is another offered program, focusing on the five senses, along with the sixth sense — the spirit.

**"WE BUILD  
RELATIONSHIPS  
AND BECOME  
PART OF THEIR  
LIVES, AND IT'S  
AN HONOR THEY  
ENTRUST THEIR  
CARE TO US."**

Following a patient's passing, Bristol Hospice-Pathways cares for family members for the following 13 months. "We're family helping families," Sandra said. "For instance, we helped a lady in her 90s fulfill a wish to fish. It gave me goosebumps to teach her how to fish. At the end of the day, it's always the biggest blessing to have seen the smile on the faces of patients and their caregivers. We build relationships and become part of their lives, and it's an honor they entrust their care to us." Community volunteerism is also a part of Bristol Hospice-Pathways.

Patients can choose to remain with their own doctors, with whom Bristol Hospice-Pathways doctors and nurses will coordinate care. Payment is made through Medicare, Medicaid, VA benefits, private insurance and private pay. Additionally, the Bristol Foundation can be accessed by staff social workers when needed.

Sandra received her BSN from the University of Texas at Arlington, and is working on a master's degree in nursing. "I love what I do," she concluded. "When you need hospice, it's not giving up hope. It's taking a different route." **NOW**



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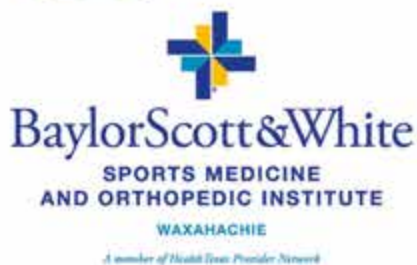
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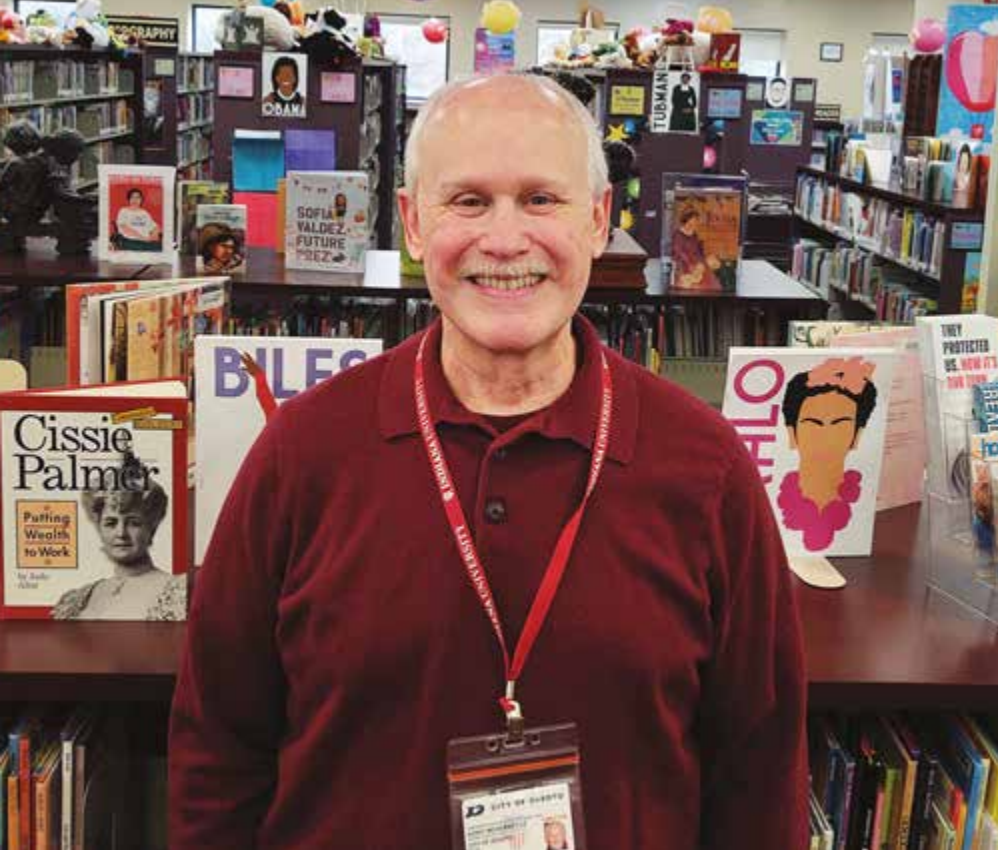


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## Zoomed In: Kerry McGeath

By Adam Walker

Kerry McGeath is retiring after seven years as managing director of the DeSoto Public Library. “I got a master’s degree in library science but worked in retail for years. That degree was really helpful in retail, but then I took a job at the library in Southlake for 13 years before coming to DeSoto. Running a library has lots of moving parts, keeping up with programming and making sure we’re providing what the community wants and needs.”

And that’s before the pandemic forced Kerry and his staff to be even more creative when providing services. “We’ve been working hard to keep everyone safe. I’m 62 now and have MD. I want a few years of mobility in retirement.” He plans to continue teaching library management at TWU.



*Latasha Esters is a big-time football mom.*



*Raul Rios and Abel Hernandez of City View Tacos receive an award from Chamber Chair Danielle Franklin.*



*Girlfriends PAC Ministries offers free breakfast to customers at Whataburger in DeSoto.*



*Cedar Hill ISD hosts a ceremonial ribbon cutting for the new Centralized Enrollment Center.*





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# GRAND CANYON OF TEXAS

— By Virginia Riddle







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f i t



Many of the park's original inhabitants' progeny can still be seen today along the winding trails, cliff sides, wildlife observation points and along the canyon's floor that encompasses 27,173 acres. Native to the area are mule deer, roadrunners, wild turkey, cottontail rabbits, white-tailed deer, bobcats and raccoons. Barbary sheep have been introduced successfully to the canyon. Golden-fronted woodpeckers, canyon towhees and red-tailed hawks reside year-round, while many other bird species migrate through the land. "Bird-watching in all months is big here," Park Ranger Custodian Sarah Fry said.

Cultures have clashed throughout man's habitation in this land shaped by erosion. Clovis and Folsom peoples living in the canyon over 12,000 years ago found game, trees, wildflowers, grasses, cacti and a water supply in an otherwise high desert grassy plain. Native-American tribes — the Apache, Comanche, Cheyenne and Kiowa — were next to inhabit the canyon. Early Spanish explorers passing through gave it the name, *Palo Duro*, Spanish for "hard wood," referring to the Rocky Mountain Juniper.

Listen carefully. Winds that blow the canyon floor's red sand echo the screams of the tribes and their horses. The Battle of Palo Duro Canyon was the final, decisive battle of the Red River War between the 4th U.S. Cavalry and five encampments of the Kiowa, Comanche and Cheyenne tribes in September 1874. Charles Goodnight and John Adair established the famed JA Ranch within the canyon in 1876.

Private owners deeded land for the park in 1933. The Civilian Conservation Corps developed much of the park. Since its opening in 1934, visitors

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from around the world have enjoyed staying in the CCC-built rock cabins and glamping tent with most amenities, group camping lodges and pavilion, sheltered sites, primitive sites and RV sites. Horses are welcome at equestrian camp sites and on horse trails.

Take the 5.75-mile steep hike to the Lighthouse formation, the canyon's most well-known structure. Finish off the day during summer months with the outdoor musical, *Texas*, performed nightly in the park's amphitheater. Private companies near the park entrance offer horseback trail rides and guide services. Inquire about current ranger-conducted programs.

Ranger Fry concluded, "There's something for everyone here. The best part of my job is helping people get the experience they want while visiting Palo Duro." **NOW**

*Editor's Note: Most state parks are open and operating at normal capacity. Day use and camping reservations are still highly recommended. Make reservations at <https://texasstateparks.reserveamerica.com> or by calling (512) 389-8900.*

*Photos by Virginia Riddle, LLC.*

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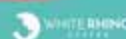
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# READY TO RIDE



— By Bill Smith

Bike Shortages Will Likely Last ...  
Bicycling Booms During Lockdown ...  
Bike Market Skyrockets ... *these are some of the headlines in bicycle news that have appeared during the COVID-19 pandemic. Those of us who have been around for a while know this is not the first time bicycling has been popular. In the early 1970s, sales of bicycles was so strong that, like this boom, bike shops had little or no inventory, and waiting lists for bicycles were common.*

Part of the reason for the surge in sales during the pandemic has been the lack of access to gyms that had been relied on for regular exercise. Cycling is an activity that family members can do together, as well as friends looking to be social while still practicing social distancing. Plus, cycling is just fun!

Bicycle shops may have a backlog of customers needing maintenance and repair, so whatever we can do with a few common tools for basic maintenance at home can keep the

wheels turning. There are some specialized tools that are needed for advanced maintenance, but you probably already own enough hand tools for most routine care and upkeep of your bike.

The first thing to consider is keeping your bicycle clean. High pressure spray like one would use on their car is not needed, and, in fact, should be avoided. One should not allow water to get inside the frame, so washing the bicycle with a bucket of water and some liquid soap with a sponge, soft brush or cloth is recommended. A water hose with just normal water pressure is fine for rinsing the bike, then be sure to dry the bicycle thoroughly.

There are very inexpensive chain cleaning tools that quickly and effectively clean the chain. Fill the chain cleaning tool with solvent available from your local bike shop, and rotate the bike pedals so the chain runs through the tool several times. Remove the solvent from the tool and repeat the process with soapy water. After the chain is thoroughly dry, lubricate it with an appropriate chain lube. Wipe the excess lube off with a clean, dry rag to prevent dirt from accumulating on the chain.

Next, clean the sprockets that the chain runs on. There are some narrow brushes made for this, but a lightly oiled shop rag tightly held between the sprockets and “sawed” back and forth is an inexpensive alternative.



Tire maintenance is important, and the No. 1 consideration is proper inflation. Properly inflated tires will ride much smoother and safer than tires that are either over-inflated or under-inflated. Just use the recommended pressure on the tire as your guide, and never use the electric compressor that you would air automobile tires with. The pressure is too great for the bicycle tube, and it is too easy to over-inflate before you know it. A manually operated bicycle pump is a tool every bike owner should have.

If a tube needs to be repaired or replaced, avoid using metal screwdrivers to pry the tire away from the rim, as they can damage both the rim and the tire. Another very inexpensive tool every bicycle owner should have is a set of plastic tire levers. They are very effective and make the repair go smoothly.

If you have a multi-speed bike that is not shifting smoothly, the derailleur adjustments can certainly be intimidating and should be approached with caution. There is a barrel adjustment that can be manipulated by hand for minor adjustments, but adjusting the limiting screws in the derailleur probably should be left to the professional at your bike shop.

Check your brakes to make sure they are working properly, and replace the brake pads if necessary. Your bike may also have some barrel adjustments for minor tweaking of the brake pad tension on the wheel rims. If the barrel adjustment does not produce the desired result, an adjustment of the brake cable may be in order, but this is another adjustment best made by your bike shop professional.

Keeping the bike clean, properly lubricated and making sure tires are properly inflated will go a long way toward keeping your bicycle safely on the road. Beyond this, develop a good working relationship with a local bike shop. Happy pedaling! **NOW**

#### Sources:

1. *Forbes.com*
2. *DeLong's Guide to Bicycles and Bicycling by Fred DeLong*
3. *Complete Bike Maintenance by Fred Milson*



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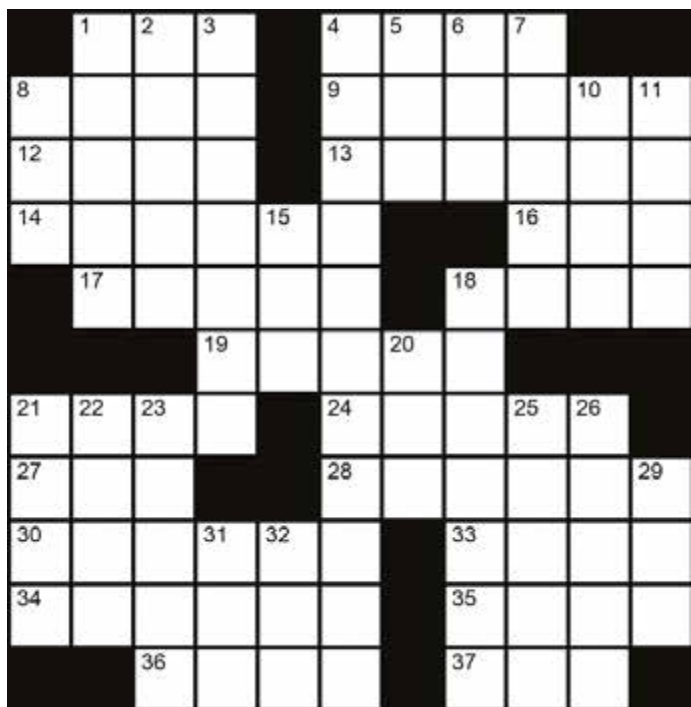
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# Crossword Puzzle



CrosswordSite.com Ltd

## Across

- 1 London radio and TV network
- 4 "As --- alone, by blue Ontario's shores" (Whitman)
- 8 Miles of "Psycho"
- 9 Incendiary gel
- 12 Wide smile
- 13 Oscar winner --- Loren
- 14 Brush expert
- 16 Surgical procedures
- 17 Up and about
- 18 Essay
- 19 --- Hauptmann, the Lindbergh kidnapper
- 21 Twenty-four were baked in it
- 24 Overtake
- 27 Neuman's mag
- 28 Bay State capital's nickname
- 30 Native American village
- 33 Partiality
- 34 Executioner
- 35 Formerly, one sixteenth of a rupee
- 36 Woodpile
- 37 Stage joke


## Down

- 1 He coined the comment: "A nickel ain't worth a dime anymore"
- 2 Cockneys, Liverpudlians et al.
- 3 Incredulous response
- 4 Trainers
- 5 Portuguese holy one
- 6 Software program, briefly
- 7 California border lake
- 8 Computer monitor letters
- 10 Hot --- (M A S H role)
- 11 Nuts
- 15 Respectful form of address
- 18 Carryall
- 20 "Forget it!"
- 21 Current units
- 22 Revere or Robeson
- 23 Best possible
- 25 Crockery
- 26 --- He (Chinese river)
- 29 Youth org.
- 31 Letters on some party invitations
- 32 Section of a race

Solutions on page 52


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				8	9			2
			1					
2		3					9	
			5	3		8		
		4		6				
	4						2	
				2	8			9
		2		7			1	

Medium

		6			5			
5		2	8	6				3
				1				
	4					7	6	
	5	1	2					8
9				7	8			
			7					
8		9	5	4				
	1			8			2	

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Solutions on page 52

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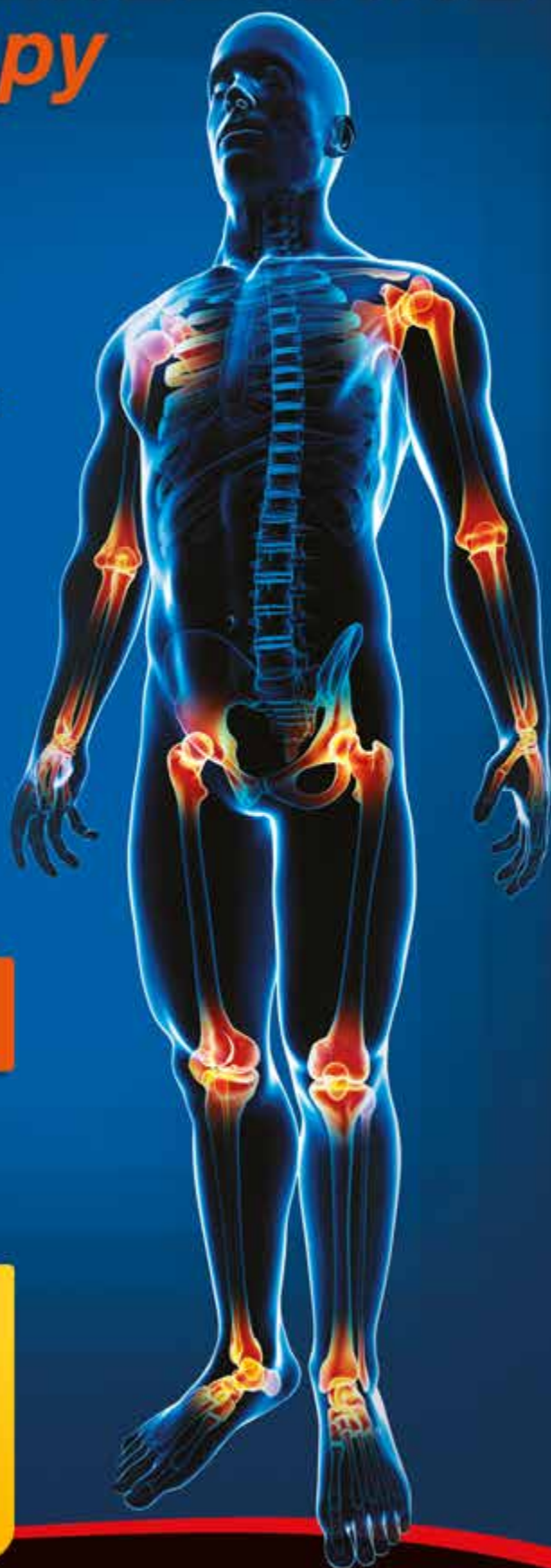
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# Happy Mother's Day

Due to COVID-19, some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

## MAY

### 5/1

#### **Election Day:**

Various local elections and bond issues. Check your city websites for times, locations and ballot items.

#### **Mother and Son Dance:**

Enjoy two hours of dancing, games, painting and food at this casual event with jerseys and jeans. Masks required. Limit 80 people per time slot. Advanced tickets required. \$20 for DeSoto residents, \$25 for nonresidents. 4:30-6:30 p.m. or 7:30-9:30 p.m., DeSoto Civic Center, 211 E. Pleasant Run Rd.

### 5/1-5/31

#### **Scarborough**

**Renaissance Festival:** Held on **Saturdays and Sundays, plus Memorial Day Monday.** Adults: \$37; kids 5-15: \$17. Discounts available online at [SRFestival.com](http://SRFestival.com). 10:00 a.m.-7:00 p.m., 2511 FM 66, Waxahachie. (972) 938-3247, [www.srfestival.com](http://www.srfestival.com).

### 5/7

#### **First Fridays at Main Station:**

Come out for the inaugural night of artists, makers and musicians, and support the local art scene. Free for the public. \$20 for vendors. 7:00 p.m.-midnight, 100 S. Main St., Duncanville.

### 5/8

#### **I Survived:**

Celebrate and empower women who have survived the worst. Free, but register through Eventbrite. 10:00 a.m.-2:00 p.m., Jackie's Hair Cafe, 1427 Oak Ridge Dr., Ste. A, Duncanville.

#### **Mother's Day Expo:**

Come see what local businesses have to offer Mom. Free. 1:00-5:00 p.m., Forever Swing Event Center, 2021 N. Hampton Rd., # 175, DeSoto.

### 5/14

#### **National Police Memorial Day:**

Honor fallen officers. Free. 10:00-11:00 a.m., Duncanville Police Department, 203 E. Wheatland Rd.

### 5/22

#### **12th Annual Firetruck Pull:**

Come watch teams compete in pulling one of Duncanville's fire engines to benefit Special Olympics. Free. 9:00 a.m.-1:00 p.m. To register a team, contact Officer Sisk at (972) 780-5027, [dsisk@duncanvillepd.com](mailto:dsisk@duncanvillepd.com) or [www.sotx.org/firetruckpull](http://www.sotx.org/firetruckpull).

### 5/23

**The Art of Fashion:** Damonte Anderson, fashion

guru, hosts this event with cool threads, live music and DJ. \$40-55. 6:00-11:00 p.m., Unique Visions, 324 S. Hampton Rd., DeSoto.

### 5/28-5/30

#### **National Polka Festival:**

Celebrate Czech culture. Free-\$30. **Friday:** 6:00-11:00 p.m.; **Saturday:** 9:00 a.m.-midnight; **Sunday:** 8:00 a.m.-11:30 p.m., Downtown Ennis and participating Czech culture halls. See [NationalPolkaFestival.com](http://NationalPolkaFestival.com) for more information.

### 5/29

#### **Preschool Prep Workshop:**

Learn what you need to know to get yourself and your child ready for the first day of school. Free. 10:00-11:00 a.m., 701 Belt Line Rd., Cedar Hill.

### Thursdays

#### **Celebrate**

#### **Recovery Meeting:**

A Christ-centered recovery program designed to help those struggling with hurts, habits and hang-ups. 7:00-9:00 p.m., The Lighthouse Church, 1400 N. 9th St., Midlothian. For details, email [cr@dfwlighthouse.org](mailto:cr@dfwlighthouse.org).

### Fridays

**Heroes and Helpers Story Time:**

10:30 a.m. on the Zula B. Wylie Library Facebook page.

### Last Fridays

#### **Poetry Night:**

Join an open mic night, open to all ages, talents and styles. Authors and musicians are welcome.

Black and Bitter Coffee, 100 S. Main St., Duncanville.

### Saturdays

#### **Food Distribution:**

Receive one box of food and 1/2 gallon of milk. Free. 9:00 a.m.-noon, 265 W. Pleasant Run Rd., Cedar Hill. Call Alicia Isang at (469) 774-7764 for more information.

### Third Saturdays

#### **Duncan Switch**

#### **Saturday Street Market:**

The event includes vendors, food and fun. 9:00 a.m.-3:00 p.m., Main and Center streets, Duncanville.

*Submissions are welcome and published as space allows. Send your current event details to [adam.walker@nowmagazines.com](mailto:adam.walker@nowmagazines.com).*



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## SouthwestNOW Scavenger Hunt



Find 5 hidden  
frogs

in 5 different ads in this issue  
(not counting the one above).

Email the page numbers and  
specific ads where they are  
found, plus your contact  
information and phone  
number, by May 15th.

To ensure your Scavenger Hunt  
answers go in the drawing,  
you must use the

**Scavenger Hunt Email**

[scavenger.swn@nowmagazines.com](mailto:scavenger.swn@nowmagazines.com)

..... **WIN!** .....

**\$50 Cash Prize**

Courtesy of:

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[scavenger.swn@nowmagazines.com](mailto:scavenger.swn@nowmagazines.com)

Winner must pick up prize  
within 30 days of drawing.

Birds were found on  
pages 14, 19, 25, 30, 40

April winner is:  
Teresa Zamudio - \$50 Cash  
from NOW Magazines



[scavenger.swn@nowmagazines.com](mailto:scavenger.swn@nowmagazines.com)



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**SATURDAY, MAY 29**  
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**SUNDAY, MAY 30**  
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## Crossword - Sudoku Solutions

1	B	B	C		I	S	A	T	
8	V	E	R	A		N	A	P	A
12	G	R	I	N		13	S	O	P
14	A	R	T	I	S	T		16	O
17	A	S	T	I	R		18	T	E
				19	B	R	20	N	O
21	A	P	I	E		24	C	A	T
27	M	A	D			28	T	H	E
30	P	U	E	B	L	O		33	B
34	S	L	A	Y	E	R		35	A
				36	L	O	G	S	
								37	G

### Easy

1	3	8	2	4	6	9	7	5
4	6	5	7	8	9	1	3	2
7	2	9	1	5	3	4	8	6
2	5	3	8	1	4	6	9	7
6	9	7	5	3	2	8	4	1
8	1	4	9	6	7	2	5	3
5	4	6	3	9	1	7	2	8
3	7	1	4	2	8	5	6	9
9	8	2	6	7	5	3	1	4

### Medium

1	9	6	3	2	5	8	4	7
5	7	2	8	6	4	1	9	3
3	8	4	9	1	7	2	5	6
2	4	8	1	5	3	7	6	9
7	5	1	2	9	6	4	3	8
9	6	3	4	7	8	5	1	2
6	2	5	7	3	1	9	8	4
8	3	9	5	4	2	6	7	1
4	1	7	6	8	9	3	2	5



# *Happy Mother's Day!*

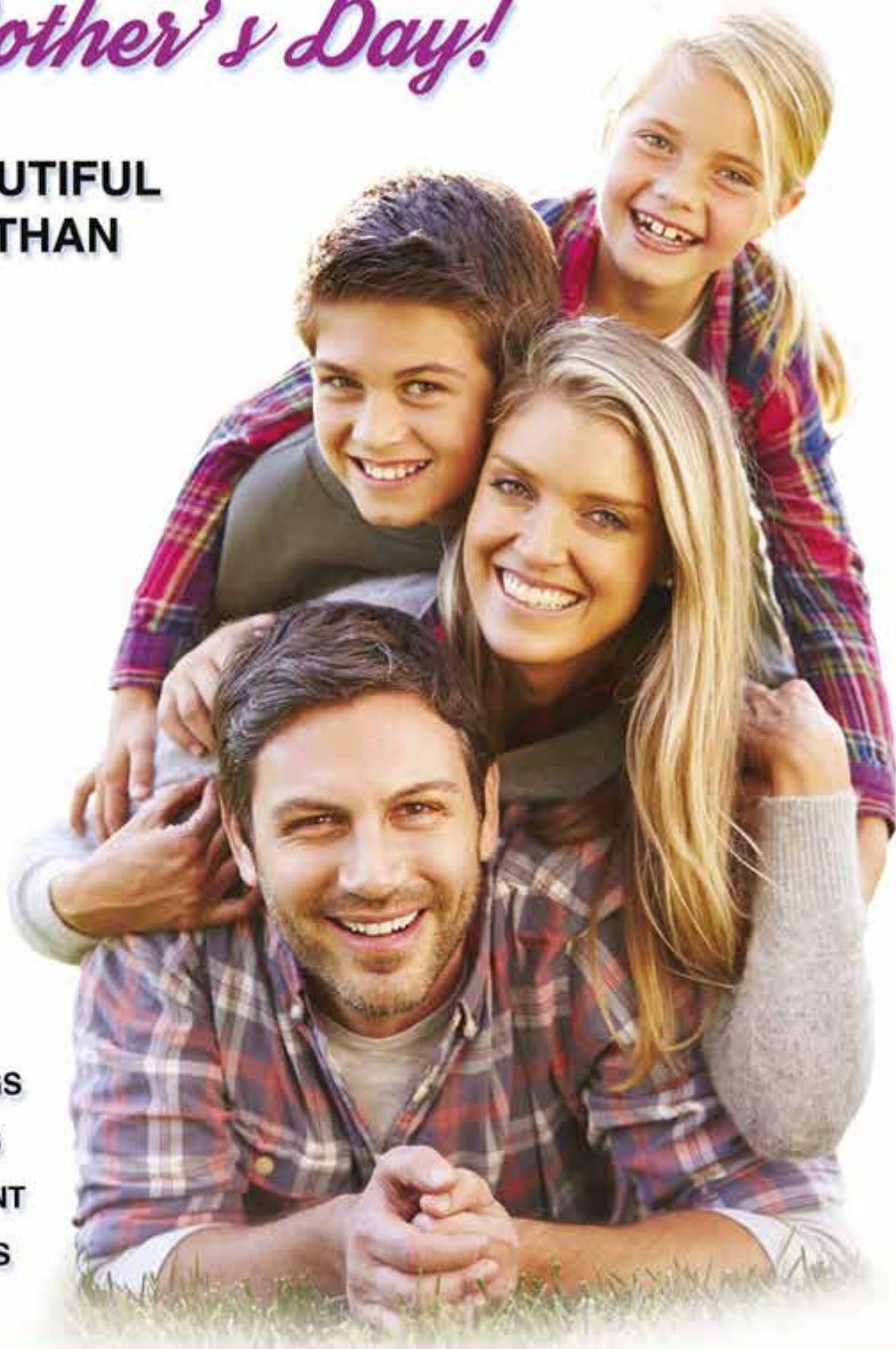
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